

## Training

U/13 do runs three times a week if you can do one longer say 25-3 minutes one shorter 20 mins but make it faster you could also make one run a Fartlek run that means start with a jog then put some speed in it by sprinting for 20 secs then jog 20 sprint 30 jog 30 sprint jog 30 sprint 40 jog 40 then back to a jog.

You can do core work as I have already sent burpees, lunges, high knees, treadmill then stomach glute work like we do indoors squats.

u/15/17 do runs four times a week if you can do one longer say 25-3 minutes one shorter 20 mins but make it faster you could also make one run a Fartlek run that means start with a jog then put some speed in it by sprinting for 20 secs then jog 20 sprint 30 jog 30 sprint jog 30 sprint 40 jog 40 sprint 50 secs jog 50 then back.

There are lots of core work on You-tube

Most of you have got phones so have stopwatch on that if not use lamppost to lamppost for fartlek but be safe.

Enid